



Voices from Trauma to Resilience and Growth

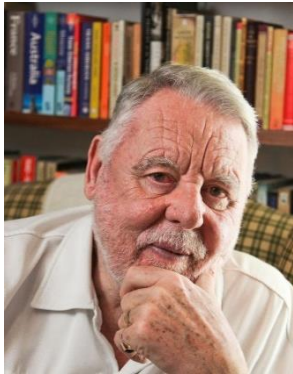
A conference celebrating 22 years of the Centre for Trauma, Resilience and Growth (CTRG), Nottinghamshire Healthcare Trust and the University of Nottingham

Friday 22 July 2022

Room B62, Law and Social Sciences, University Park Campus

9am	Refreshments on arrival
9.30am	Morning chair Dr Gary Winship, University of Nottingham
9.40am	Welcome address Professor Volker Wedekind, University of Nottingham
9.50am	Keynote Terry Waite, CBE
10.45am	Reflective remarks Nadia Whittome, MP
11am	Coffee break
11.30am	Panel 1: 25 minute presentations followed by 5 minute Q&A Professor Stephen Joseph, Judith Tebbutt and Figen Murray
1pm	Lunch
1.45pm	Afternoon chair Professor Thomas Schroder, University of Nottingham
1.50pm	Launch of the National Association of Trauma Specialists Helen Heyes, Katy Woodger
2pm	Panel 2: 25 minutes presentations followed by 5 minutes Q&A Mary Storrie and Amanda Jones
2.30pm	Coffee break
3pm	Keynote Arlene Healey, Consultant Psychotherapist and Family Therapist
3.45pm	Closing address Dr John Brewin, CEO, Nottinghamshire Healthcare Trust
4pm	Vote of thanks Professor Stephen Regel
4.15pm	Close

About the speakers



Terry Waite CBE, Waite was the Assistant for Anglican Communion Affairs for the then Archbishop of Canterbury, Robert Runcie, in the 1980s. As an envoy for the Church of England, he travelled to Lebanon to try to secure the release of four hostages, including the journalist John McCarthy. He was himself kidnapped and held captive from 1987 to 1991. After his release he wrote *Taken on Trust*, a book about his experiences, and became involved in humanitarian causes and charitable work. *Taken in Trust* became a best-seller in the UK and internationally. Waite decided to devote himself to study, writing, lecturing and humanitarian activities. His second book, *Footfalls in Memory*, a further meditation on his captivity in Lebanon, was published in the UK in 1995 and also became a best-seller. His most recent book, published in October 2000, *Travels with a Primate*, is a humorous account of his journeys with his former boss, Robert Runcie. Waite has also contributed articles to many journals and periodicals, ranging from Reader's Digest to the *Kipling Journal*, and has also supplied articles and forewords to many books. On 31 March 2007, Waite offered to travel to Iran to negotiate with those holding British sailors and marines seized by Iran in disputed waters on 23 March 2007.



Mrs Arlene Healey, DipSW, CQSW, Cert Adv SW, Dip Fam Ther, Adv Dip Mgt Psych Trauma, MSc Psychotherapy, Consultant Psychotherapist and Family Therapist. Former head of the Family Trauma Centre, Belfast HSCNI Trust and Systemic Family Therapist- Talk on Trauma and Resilience in Children and Families within the Context of Troubles Related Trauma. Arlene also used to be a visiting therapist the Nottingham Trauma Centre. Arlene is a registered systemic psychotherapist with more than 40 years' experience working with children and their families in the NHS in both Child and Family Services and CAMHS where she worked for more than 30 years. She is a registered clinical supervisor with AFT. In 1999 following the implementation of the Belfast/Good Friday Peace Agreement in Northern Ireland, she established and managed the Family Trauma Centre. The Centre provide services for children and families affected by the conflict in Northern Ireland. The Family Trauma Centre was the first systemically led trauma service. and grief. Arlene developed a culturally sensitive family therapy approach to help families in trauma and has published her work in several journals and books. She continued to manage the Centre for 18 years until she retired in 2016. Arlene was active in crisis response work, and was a member of the Belfast Health Trust's Community Crisis Response Team for more than 15 years. In January 2005 she was seconded to the British Red Cross as part of the first response to UK nationals in Thailand following the tsunami. Arlene retired from the NHS in December 2015 and is now in private practice. During the past few years she has undertaken work for the Official Solicitor Royal Court of Justice Belfast and Lighthouse a charity based in Belfast providing help for families affected by suicide. She continues to provide clinical supervision for several family therapists both in the NHS and private practice both in the UK and Ireland. She continues to teach and present at conferences both nationally and internationally. More recently Arlene has been providing consultation and

training to Hostage International, an organisation which supports families whose family member has been taken hostage abroad. See Guardian interview:

(<https://www.theguardian.com/lifeandstyle/2007/mar/24/familyandrelationships.family3>)

Dr Gary Winship, Course Director for MA Trauma Informed Practice, School of Education. NMC registered MHN, UKCP registered Psychoanalytic Psychotherapist. Research lead for the Universities Psychotherapy and Counselling Association (UPCA). Editor *International Journal of Therapeutic Communities*. Visiting Professor, Moscow Institute of Psychoanalysis, Russia State Humanities University.

Nadia Whittome, MP

Nadia was elected in 2019 as the Member of Parliament for Nottingham East and at 25 is Parliament's youngest MP. Nadia takes home a workers' wage as an MP, donating the remainder of her MP salary to local causes. Before her election, Nadia worked as a hate crime worker in Nottingham, and prior to that as a care worker. Inspired to enter politics in response to the Bedroom Tax, Nadia is a passionate advocate for participatory democracy and remains a committed activist and campaigner on migrants' rights, workers' rights, climate justice, and child poverty.

Professor Stephen Joseph, Centre for Human Flourishing, School of Education, University of Nottingham, School of Education

Author of "*What Doesn't Kill Us*". Stephen is a senior practitioner member of the British Psychological Society's Register of Psychologists who specialise in psychotherapy. Stephen is also an HCPC Registered Health and Counselling Psychologist. His research interests are in human flourishing and well-being. Before joining the School of Education in 2013, Stephen was Professor of Psychology, Health and Social Care in the School of Sociology and Social Policy, where from 2006 he co-convened the CTRG with Professor Steve Regel and was an honorary consultant psychologist in psychotherapy in Nottinghamshire NHS Trust.

Judith Tebbutt, trustee, hostage international and author of *A Long Walk Home: One Woman's Story of Kidnap, Hostage, Loss - and Survival*

Judith Tebbutt a former social worker wrote a memoir of her time in captivity in Somalia

<https://www.amazon.co.uk/Long-Walk-Home-Hostage-Survival/dp/0571303064>

Figen Murray, OBE, Campaigner for Martyn's law

Figen's son was killed at the Manchester Arena attack

(<https://www.gov.uk/government/news/government-publishes-protect-duty-consultation-findings>)

Professor Thomas Schroder, Professor of Clinical Psychology and Psychological Therapies at the University of Nottingham, Honorary Consultant Clinical Psychologist with NHCT and visiting therapist and supervisor at the CTRG.

Thomas is the former Nottingham Director of the Trent Doctorate in Clinical Psychology. He established this programme in 2005, directed it until 2010, and co-directed it until 2020. Before taking up a full-time post with the University in 2011, he was seconded from Derbyshire Healthcare NHS Trust, where he worked for 25 years as a Consultant Clinical Psychologist and Head of the Psychotherapy Specialty. He is a Registered Clinical and Counselling Psychologist with the HCPC, a Chartered Psychologist and senior practitioner member of the Register of Psychologists specialising in Psychotherapy with the BPS and has previously been registered as a Psychoanalytic Psychotherapist with UKCP. He is a past International Vice-president of the Society for Psychotherapy Research, a Senior Fellow

of the Institute of Mental Health, a Senior Fellow of the Higher Education Academy and a Trustee of the Compassionate Mind Foundation.

Mary Storrie, Founder of the Rosie May Foundation

Her daughter was murdered in 2003 and she and her family were supported at the Centre, she went on to found the charity.

<https://www.rosie-may.com/our-story/>

Amanda Jones, Lecturer in Counselling and Psychotherapy/Programme Lead Compassion Focused Practice, University of Derby

Amanda was also seen at the CTRG and survived a murder attempt by her partner, who went on to murder her youngest daughter and took his own life.

Dr John Brewin, CEO, Nottinghamshire Health Care Trust

Currently CEO of Nottinghamshire Health Care for last three and a half years. Previously CEO at Lincolnshire Partnership and medical director roles. Consultant general adult psychiatrist in Nottingham for over 15 years. Research interest - epidemiology of psychoses. Trained in Leicestershire asylums before the advent of community psychiatry.

Professor Steve Regel, Honorary Professor School of Education and Senior Fellow of the Institute of Mental Health, University of Nottingham

Steve is the founder/Clinical Lead of the Centre for Trauma Resilience and Growth (CTRG), Nottinghamshire Healthcare's NHS Foundation Trust's Trauma Service. Steve founded the CTRG in 1998 which was formally opened in January 2000, by Terry Waite CBE, and has been providing a valuable service to the Midlands and wider community since that time.

Steve is a Trustee and mental health advisor for Hostage International, on the Board of Overseers for the Children and War foundation. He has worked with the International Red Cross Reference (IFRC) Centre for Psychosocial Support since 1996, facilitating training in Sri Lanka, Uganda, Russia, Japan, South Korea, Somalia, Scandinavia and a psychosocial assessment for the IFRC in Georgia following the Russian invasion in 2008. He has also worked with the UNHCR in Kosovo and co-facilitated training in South Korea for health and mental professionals following the Sewol Ferry disaster under the auspices of the Children and War Foundation. Between 2004-2021 he was a member of the British Red Cross Psychosocial Support Team supporting UK nationals affected by major incidents abroad. He has taught and worked in Northern Ireland since 1992 and for number of years was a visiting therapist at the Family Trauma Centre, Belfast Health and Social Care Trust. He regularly contributes to the MA in Trauma Informed Practice as well as teaching and placement supervision on the Trent Doctorate in Clinical Psychology Training. He currently facilitates peer support training for workplace trauma support for the emergency services, health and social care and other agencies in the UK and abroad.

